



Silver for Argue and D'Hont

Quebec City, QC (March 18, 2007) – Racing for the Yellowknife Ski Club, Mike Argue and Thomsen D'Hont had a magnificent race at Cross Country Canada's National Championships. They were the second Canadian pair across the finish line in the grueling men's team sprint, which was held at the beautiful and historic setting of the Plains of Abraham. The performance of the Yellowknifers in the crowded 27-team field was an impressive demonstration of both speed and endurance.

Skiing on soft snow after a recent 30-centimetre deluge, the Yellowknife twosome had to ski three legs each in the qualifier. This is an enormous test of fitness as there is a scant three-minute rest for the racers before they are tagged again. After qualifying, Argue and D'Hont had a mere 25-minute rest before they had to do it all again in the final. The ability of athletes to refocus quickly, and perform strongly is the key to success in this event.

D'Hont had the additional challenge of having to recover from his recent efforts at the Canada Winter Games. He accomplished this in great style and won his first medal at a national championship. Argue, a double medal winner at the 2003 Canada Winter Games, has had extensive experience with pressures of racing in major events.

Unlike the Canada Winter Games, where athletes race for their province or territory, in these championships skiers compete for their club and Argue and D'Hont took a giant step towards putting the Yellowknife Ski Club on the national map.

For more information, contact:

Richard Daitch

(867) 872-2334

